



Prenatal Health Series



Only \$10 each! Sign up for one or all!



Doula/Birth Plans

Thursday
November 21st
5:30-7pm



Nutrition/Lactation

Thursday
December 5th
5:30-7pm



Community Support

Thursday
December 12th
5:30-7pm



Swim/Relaxation

Thursday
December 19th
5:30-7pm



Pelvic Floor/PT

Thursday
January 9th
5:30-7pm



Contact 860-343-6232 with questions or if you would like to participate, but have financial barriers. Childcare is available for YMCA members!

Scan or click to sign up